

REDEFINING HEALTH CARE



Are High Stress Levels Affecting Your Life?



**The Wellness Institute presents a new
8-week stress management program:**

"Achieving Mental Wellness Everyday."

**Mondays from 7 – 8 pm
January 9 thru February 27, 2012
at West Medical Center
Conference Room B
36000 Euclid Avenue, Willoughby**

Our program will identify:

- The negative affects stress has on the mind and body
- How to incorporate various stress reduction techniques
- Mindfulness, Meditation, Yoga
- Basics of a Low Stress Diet
- Time Management Skills

Presented by:
Vaia Lappas-Gilchrist, M.Ed., DTR, CPT
Wellness Coach/Exercise Physiologist

**For more information and to register,
call the Best of Health Line at 440-953-6000**

find us:



lakehealth.org